



Media Release

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Hands-on therapy like reiki helps patients cope with cancer says Solaris Foundation head Dr David Joske, rear left, with patron Justin Langer, therapist Richard Pindar and Ian Douglas.

'Healing touch' offered to patients at Charlie's

Therapies like reiki, reflexology, acupuncture and aromatherapy can reduce the pain and fatigue experienced by cancer patients by up to two-thirds, according to WA research.

Carers may also feel more peaceful and relaxed.

Over the past five years the effects of "touch-based" medicine have been analysed in surveys of 800 patients visiting the SolarisCare Foundation at Sir Charles Gairdner Hospital. The centre started in 2001 and

was previously known as the Brown's Cancer Support Centre.

SCGH head of haematology and centre director David Joske said support for combining nurturing therapies with mainstream medicine was growing.

"Traditionally the medical profession has been reluctant to consider this approach but there has been a growing band of supporters within the medical profession, and I believe we could be heading towards a major turning point in our medical history," Dr Joske said.

"We are using a scientific approach to consider the possibility that within each of us lies a form of energy that can be harnessed to benefit our health."

Dr Joske said there may be measurable effects on the immune system that could help people fight cancer, but further research was needed.

The Solaris Foundation is starting a \$5m fund-raising campaign to expand its free services to cancer patients and their carers into other hospitals.